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Level 0 – 2nd October 2025

Over 99% of heart attacks have a warning sign

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<https://breakingnewsenglish.com/2510/251002-heart-attacks-and-strokes-0.html>

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Please try Levels 1, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2510/251002-heart-attacks-and-strokes-0.html>

Doctors say we can avoid heart attacks and strokes. These are the biggest causes of death. A study said over 99 per cent of people who had a heart attack had one or more warning signs. These include high blood pressure and high cholesterol. People can reduce these. They can eat a healthier diet, exercise, or quit smoking.

The study looked at the health records of nine million people. They all had a heart attack or stroke. A researcher said there is a small number of risk factors for heart disease. He said we should look at the things that lead to heart attacks. The goal is to find ways to control risk factors.

Sources: <https://medicalxpress.com/news/2025-09-factor-heart-failure-large-scale.html>
<https://www.medicalnewstoday.com/articles/heart-attack-stroke-heart-failure-linked-to-preventable-risk-factors>
<https://edition.cnn.com/2025/09/29/health/heart-disease-risk-factors-wellness>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2510/251002-heart-attacks-and-strokes-0.html>

PARAGRAPH ONE:

- | | |
|-----------------------------|------------------------|
| 1. doctors say we can | a. cholesterol |
| 2. the biggest causes | b. diet |
| 3. one or more warning | c. avoid heart attacks |
| 4. These include high blood | d. smoking |
| 5. high | e. of death |
| 6. People can | f. pressure |
| 7. eat a healthier | g. reduce these |
| 8. quit | h. signs |

PARAGRAPH TWO:

- | | |
|-----------------------------------|--------------------|
| 1. The study looked at the health | a. find ways |
| 2. nine million | b. or stroke |
| 3. They all had a heart attack | c. at the things |
| 4. a small number | d. factors |
| 5. He said we should look | e. of risk factors |
| 6. lead to | f. people |
| 7. The goal is to | g. heart attacks |
| 8. control risk | h. records |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2510/251002-heart-attacks-and-strokes-0.html>

Doctors say (1) _____ heart attacks and strokes. These (2) _____ causes of death. A study said over 99 per cent of people (3) _____ heart attack had one or more warning signs. These (4) _____ pressure and high cholesterol. People (5) _____. They can eat a healthier diet, exercise, (6) _____.

The study looked (7) _____ records of nine million people. They (8) _____ heart attack or stroke. A researcher said there is (9) _____ of risk factors for heart disease. He said we (10) _____ the things that (11) _____ attacks. The goal is to (12) _____ control risk factors.

PUT A SLASH (/) WHERE THE SPACES ARE

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HEART ATTACKS AND STROKES

From <https://breakingnewsenglish.com/2510/251002-heart-attacks-and-strokes-0.html>

Write five GOOD questions about heart attacks and strokes in the table. Do this in pairs. Each student must write the questions on his / her own paper.
When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____

WRITING

From <https://breakingnewsenglish.com/2510/251002-heart-attacks-and-strokes-0.html>

Write about **heart attacks and strokes** for 10 minutes. Read and talk about your partner's paper.

[illegible]